

# 7th Annual Crystal Beach 5K Run/Walk

KID'S FUN RUN! Special Prizes for all participants!



Royal Roofing & Renovations Inc.



## POST RACE LIVE MUSIC AT SNEAKERS SATURDAY, OCTOBER 8, 2011



Registration and Race Package Pick-Up 7am at Crystal Chandelier

Kids Race (9 & under) Starts at 10:30 • 5k Race Starts at 11:00 am

This course is a sanctioned, certified & FAST 5K out and back course.

Race will start and finish in front of Crystal Chandelier (3878 Erie Road at Ridgeway Road).

No bikes, roller blades, skateboards or scooters allowed.

### CATEGORIES AND AWARDS

Awards for top 3 overall male and female finishers

Medals for top 3 male and female finishers in all age groups  
9 & under / 10-14 / 15-19 / 20-24 / 25-29 / 30-34 / 35-39  
40-44 / 45-49 / 50-54 / 55-59 / 60-64 / 65-69 / 70 & up

Special awards for top 3 overall fitness walkers

### REGISTRATION FEES

\$18.00 Early Bird before 09/15/11

\$20.00 pre-registered before 09/30/11 (age 10 & over)  
(\$25.00 after 10/01/11 and on day of race)

\$5.00 youth (9 & under) - *no shirt*

Awesome T-shirts that you're gonna wanna wear!  
Custom bibs & medals!

**Post-Race Party & Award Presentation at Sneakers**  
Lots of fun & quirky awards for faster & slower runners alike!

**FREE Race T-Shirts for the first 225 Registrants!**  
Please bring non-perishable food items for COPE Food Bank

For more information log onto [www.crystalbeach5k.com](http://www.crystalbeach5k.com) or contact Sally McCarthy at 905-894-0302

Help the CB5K go green by entering your email address to receive next years application via email!

### MAIL FORMS AND CHEQUES TO:

Friends of Crystal Beach, ATTN: 5K Run/Walk  
P.O. Box 978, Crystal Beach, ON L0S 1B0

All mailed entries must be Post-Marked by September 27, 2011

Make cheques payable to: Friends of Crystal Beach

**OR REGISTER ONLINE!**  
[www.onlineregistrations.ca](http://www.onlineregistrations.ca)

LAST Name: \_\_\_\_\_ FIRST Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/Town: \_\_\_\_\_ Province/State: \_\_\_\_\_ Postal/Zip Code: \_\_\_\_\_

Gender: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_ Shirt Size:  S  M  L  XL

Please Select ONE:  5K Run  5K Fun Walk  
 Clydesdale Division (men over 225 lbs.)

Age on Race Day: \_\_\_\_\_ Birth Date ( mm / dd / yy ): \_\_\_\_\_

WAIVER: In consideration of your acceptance of this entry, I understand, intending to be legally bound, hereby, for myself, my heirs, executors and administrators forever waive, release and discharge any and all damages and causes of suit or action that I may at any time have against the Friends of Crystal Beach, The Town of Fort Erie and The Regional Municipality of Niagara in which this event occurs and all other associations and sponsors for any death, injury, loss or damages occurring prior to, during or subsequent to the event. I attest and verify that I am fully aware of physical risk of injury or death involved in participating in this event. I acknowledge having read, understand and agree to the above waiver.

Signature \_\_\_\_\_ Signature of Parent or Guardian if under 18 \_\_\_\_\_ Date \_\_\_\_\_